

# MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

## Jan. 25-29, 2016 Theme: New Year, New Beginnings!!!



### Monday, 01/25/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Classroom: Good Morning Mr. Judge	Gym Game: Captain Midnight	Lunch and Down Time	Multipurpose: What's Different?	<b>Dance/Drama:</b> Rain & Fast Shake Down	Gym Game: Beanbag Toe Tag	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Game: Captain Midnight	Classroom: Good Morning Mr. Judge	Lunch and Down Time	Gym Game: Beanbag Toe Tag		Multipurpose: What's Different?	Lower Deck: Afternoon Snack	ASX Activities

### Tuesday, 01/26/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:30	12:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX/ Snack	<b>Art Project:</b> 'Year of the Monkey' Masks	Gym Game (Group 1 & 2): Capture the Flag	Lunch and Down Time	<b>Raleigh Little Theatre</b> 1:00-3:00 Pick Up Time: 12:30 PM Drop Off Time: 3:30 PM	Multipurpose: Apples to Apples	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack	Multipurpose: Apples to Apples		Lunch and Down Time		<b>Art Project:</b> 'Year of the Monkey' Masks	Lower Deck: Afternoon Snack	ASX Activities

### Wednesday, 01/27/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Ga-Ga Ball	<b>Clinic:</b> (Group 1 & 2): B-I-N-G-O	Lunch and Chill Time	Outside: Playground	Gym Game (Group 1 & 2): Jump the Creek	Gym Games: Human Bowling	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Freeze Dance		Lunch and Chill Time	Classroom: Board Games		Classroom: Pictionary	Lower Deck: Afternoon Snack	ASX Activities

### Thursday, 01/28/2016

	7:00-9:45	9:45-10:45	10:45-11:30	11:30-12:30	12:30-2:25	2:25-4:45	4:45-6:30
Group 1	BSX/ Snack	<b>Science/Nature:</b> Banzai Egg Drop	Gym Game (Group 1 & 2): Mr. Travis' Special Cross the Ocean	Multipurpose: Best Of...	Lunch and Down Time	<b>Buffaloe Road Aquatic Center</b> 2:55-4:15 Pick Up Time: 2:25 PM Drop Off Time: 4:45 PM	ASX/ Snack
Group 2	BSX/ Snack	Multipurpose: Best Of...		<b>Science/Nature:</b> Banzai Egg Drop	Lunch and Down Time		ASX/ Snack

### Friday, 01/29/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	<b>Art Project:</b> Bead Jewelry	Gym Games: Freeze Dance	Lunch and Down Time	<b>MCCC Lab:</b> Computers/iPads	Gym Game (Group 1 & 2): Chief	Gym Game: Front, Back, Right, Left	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Game: Front, Back, Right, Left	Multipurpose: Ga-Ga Ball	Lunch and Down Time	<b>Art Project:</b> Bead Jewelry		<b>MCCC Lab:</b> Computers/iPads	Lower Deck: Afternoon Snack	ASX Activities



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

# MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

## Feb. 1-5, 2016 Theme: New Year, New Beginnings!!!



### Monday, 02/01/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	<b>Art Project: Shrinky Dinks</b>	Gym Games: Crossfire	Lunch and Down Time	Multipurpose: Board games	Gym Game (Group 1 & 2): Catch Up	Gym Games: Knockout	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Crossfire	<b>Art Project: Shrinky Dinks</b>	Lunch and Down Time	Gym Games: Knockout		Multipurpose: Board games	Lower Deck: Afternoon Snack	ASX Activities

### Tuesday, 02/02/2016

	7:00-9:30	9:30-10:15	10:15-11:00	11:00-1:30	1:30-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Classroom: Mingle	<b>Triangle Rock Club</b> 11:30-1:00 Pick Up Time: 11:00 AM Drop Off Time: 1:30 PM	Lunch and Down Time	Gym Game (Group 1 & 2): Lifeguard	Multipurpose: Four Corners	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Four Corners		Lunch and Down Time		Classroom: Mingle	Lower Deck: Afternoon Snack	ASX Activities

### Wednesday, 02/03/2016

	7:00-9:00	9:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX/ Snack	<b>Sertoma Arts Center</b> Group 1 (Grades K-2): 9:30 AM-10:30AM Pick Up Time: 9:00 AM; Drop Off Time: 11:00 AM Group 2 (Grades 3 & UP): 10:30 AM-11:30AM Pick Up Time: 10:00 AM; Drop Off Time: 12:00 PM	Lunch and Down Time	Multipurpose: What's Different?	Gym Game (Group 1 & 2): Wall Ball	Gym Game: Beanbag Toe Tag	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack		Lunch and Down Time	Gym Game: Beanbag Toe Tag		Multipurpose: What's Different?	Lower Deck: Afternoon Snack	ASX Activities

### Thursday, 02/04/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Classroom: Pictionary	<b>Clinic:</b> Jai Alai & Badminton	Lunch and Down Time	<b>Science/Nature: Sparkling Pennies</b>	Gym Game (Group 1 & 2): Hunger Games	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Human Bowling		Lunch and Down Time	Outside: Playground		<b>Science/Nature: Sparkling Pennies</b>	Lower Deck: Afternoon Snack	ASX Activities

### Friday, 02/05/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	<b>Art Project: Wood Snake Craft</b>	Gym Games: Protect the President	Lunch and Down Time	<b>MCCC Lab: Computers/iPads</b>	<b>Dance/Drama:</b> Bus Stop & Pass the Sound	Outside Game: Camouflage	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Protect the President	<b>Art Project: Wood Snake Craft</b>	Lunch and Down Time	Outside Game: Camouflage		<b>MCCC Lab: Computers/iPads</b>	Lower Deck: Afternoon Snack	ASX Activities



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

# MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

## Feb. 8-12, 2016 Theme: New Year, New Beginnings!!!



### Monday, 02/08/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Gym Games: Fire, Thunder, Lightning	<b>Science/Nature:</b> Soda Bottle Tornadoes	Lunch and Down Time	<b>Art Project:</b> Design-A-Hat	Gym Game (Group 1 & 2): Torpedo	Gym Games: Steal the Bacon	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	<b>Science/Nature:</b> Soda Bottle Tornadoes	Gym Games: Fire, Thunder, Lightning	Lunch and Down Time	Gym Games: Steal the Bacon		<b>Art Project:</b> Design-A-Hat	Lower Deck: Afternoon Snack	ASX Activities

### Tuesday, 02/09/2016

	7:00-9:30	9:30-12:15			12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX/ Snack	<b>VALENTINE'S CELEBRATION!!!</b> Participants will eat, drink, play games and celebrate Valentine's Day here at Marsh Creek!			Lunch and Chill Time	Gym Game Jedi Dodgeball	Gym Game (Group 1 & 2): POP!!!	Multipurpose: Musical Chairs	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack				Lunch and Chill Time	Multipurpose: Silent Ball		Gym Game Jedi Dodgeball	Lower Deck: Afternoon Snack	ASX Activities

### Wednesday, 02/10/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Classroom: Heads Up, 7 Up	Gym Games: Line Tag	Lunch and Down Time	Classroom: Ghost in the Graveyard	<b>Clinic:</b> Zumba with Ms. Jacque	Gym Game: STAFF Choice	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Sideline Basketball	Classroom: Heads Up, 7 Up	Lunch and Down Time	Gym Game: STAFF Choice		Classroom: Ghost in the Graveyard	Lower Deck: Afternoon Snack	ASX Activities

### Thursday, 02/11/2016

	7:00-9:30	9:30-12:30			12:30-2:00	2:00-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX/ Snack	<b>Six Forks Station Cinema</b> 10:00-12:00 Pick Up Time: 9:30 AM Drop Off Time: 12:30 AM			Lunch and Down Time	Multipurpose: Name 6	<b>Dance/Drama:</b> Questions Only, Sound Effects, Charades	<b>MCCC Lab:</b> Computers/iPads	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack				Lunch and Down Time	<b>MCCC Lab:</b> Computers/iPads		Multipurpose: Name 6	Lower Deck: Afternoon Snack	ASX Activities

### Friday, 02/12/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	<b>Art Project:</b> Juice & Design	Gym Games: Soccer	Lunch and Down Time	Multipurpose: Rhyme or Relate	Gym Game (Group 1 & 2): Spider Ball	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Gator Ball	<b>Art Project:</b> Juice & Design	Lunch and Down Time	Outside: Playground		Multipurpose: Rhyme or Relate	Lower Deck: Afternoon Snack	ASX Activities



ARTS/CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

# Marsh Creek Track Out

## Track 3 - Week 1



## Field Trip Information!

### Raleigh Little Theater

301 Pogue Street, Raleigh, NC 27607  
919-821-4579

An exciting world of drama awaits at Raleigh Little Theatre! Participants will get the opportunity to experience a behind-the-scenes tour and a short drama workshop.

### Buffalo Road Aquatic Center

5908 Buffalo Road, Raleigh, NC 27601  
919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at Raleigh Parks, Recreation & Cultural Resources Department's most unique Aquatics facility!

## Reminders

### Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

### Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

\*Remember pink & white Key Tag and/or Photo ID when picking-up participants\*

# Marsh Creek Track Out

## Track 3 - Week 2



## Field Trip Information!

### Triangle Rock Club

6022 Duraleigh Road, Raleigh, NC 27612

919-803-5534

Triangle Rock Club is Raleigh's premiere rock climbing facility with climbing walls and boulders. Participants will be given a beginner climbing lesson and should wear comfortable clothing (nothing too loose due to the fact that they will be climbing and wearing climbing harnesses). **This trip will require a waiver to be signed by each child's parent/guardian.**

### Sertoma Arts Center

1400 W Millbrook Road, Raleigh, NC 27612

919-996-2329

Participants can brush up on their art skills or learn to develop new ones as they create fun & unique art projects with the help of Art Center Staff!

## Reminders

### Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

### Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Sign field trip waiver

\*Remember pink & white Key Tag and/or Photo ID when picking-up participants\*



# Marsh Creek Track Out

## Track 3 - Week 3



## Field Trip Information!

### Six Forks Station Cinema

9500 Forum Drive, Raleigh, NC 27615

919-846-3904

Participants will get to enjoy a trip to the movies complete with popcorn & drink as they view a children's movie on the big screen! (All films are rated PG)

## Reminders

### Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

### Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

\*Remember pink & white Key Tag and/or Photo ID when picking-up participants\*